

2024-2025 MASTERS SWIMMING COMPETITION EVENT CALENDER

二零二四至二零二五年先進游泳比賽年表

Updated 21/06/2024

COMPETITION/賽事	DATE/日期	Entry 截止 Deadline 報名	Registration 截止 Deadline 註冊	Swimming Pool 泳池
Long Course Masters Swimming Competition – Part 2 長池先進游泳比賽 – 第二部份	28-04-2024 (SUN)/(日)	05-04-2024 1700 hrs	15-03-2024 1700 hrs	Tung Chung Swimming Pool 東涌游泳池
Long Course Masters Swimming Competition – Part 3 長池先進游泳比賽 – 第三部份	23-06-2024 (SUN)/(日)	31-05-2024 1700 hrs	10-05-2024 1700 hrs	Tung Chung Swimming Pool 東涌游泳池
Short Course Masters Swimming Competition – Part 1 短池先進游泳比賽 – 第一部份	22-09-2024 (SUN)/(日)	30-08-2024 1700 hrs	09-08-2024 1700 hrs	Shing Mun Valley Swimming Pool 城門谷游泳池
Annual Long Course Masters Swimming Championships 週年長池先進游泳錦標賽	1-12-2024 (SUN)/(日)	08-11-2024 1700 hrs	18-10-2024 1700 hrs	Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池
Short Course Masters Swimming Competition – Part 2 短池先進游泳比賽 – 第二部份	26-01-2025 (SUN)/(日)	03-01-2025 1700 hrs	13-12-2024 1700 hrs	Shing Mun Valley Swimming Pool 城門谷游泳池
Long Course Masters Swimming Competition – Part 1 長池先進游泳比賽 – 第一部份	23-03-2025 (SUN)/(日)	28-02-2025 1700 hrs	07-02-2025 1700 hrs	Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳

Long Course Masters Swimming Competition – Part 2

長池先進游泳比賽 – 第二部份

Date: 28-04-2024 (Sunday)

Venue: Tung Chung Swimming Pool 東涌游泳池

Morning Warm up/熱身: 0900 – 0950 Hrs

Morning First Event/開始: 1000 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 1400 Hrs

MEN				WOMEN	
1	200 M	Individual Medley	個人四式	2	
3	100 M	Breaststroke	蛙泳	4	
5	50 M	Freestyle	自由泳	6	
7	100 M	Backstroke	背泳	8	
Lunch Break 午膳時間					
9	200 M	Freestyle	自由泳	10	
11	50 M	Butterfly	蝶泳	12	
13	4 x 50 M	Medley Relay	四式接力	14	
15	4 x 50 M	Mixed Freestyle Relay	男女混合自由接力		

Long Course Masters Swimming Competition – Part 3

長池先進游泳比賽 – 第三部份

Date: 23-06-2024 (Sunday)

Venue: Tung Chung Swimming Pool 東涌游泳池

Morning Warm up/熱身: 0900 - 0950 Hrs

Morning First Event/開始: 1000 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 1400 Hrs

MEN				WOMEN	
1	100 M	Breaststroke	蛙泳	2	
3	50 M	Backstroke	背泳	4	
5	100 M	Freestyle	自由泳	6	
Lunch Break 午膳時間					
7	4 x 50 M	Freestyle Relay	自由接力	8	
9	50 M	Breaststroke	蛙泳	10	
11	4 x 50 M	Mixed Medley Relay	男女混合四式接力		
12	400 M	Freestyle	自由泳	13	

Short Course Masters Swimming Competition – Part 1
短池先進游泳比賽 – 第一部份

Date: 22-09-2024 (Sunday)

Venue: Shing Mun Valley Swimming Pool 城門谷游泳池

Morning Warm up/熱身: 0900 – 0950 Hrs

Morning First Event/開始: 1000 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 1400 Hrs

MEN				WOMEN
1	200 M	Breaststroke	蛙泳	2
3	50 M	Freestyle	自由泳	4
5	25 M	Breaststroke	蛙泳	6
7	50 M	Backstroke	背泳	8
Lunch Break 午膳時間				
9	100 M	Individual Medley	個人四式	10
11	25 M	Butterfly	蝶泳	12
13	4 x 25 M	Medley Relay	四式接力	14
15	50 M	Breaststroke	蛙泳	16
17	100 M	Freestyle	自由泳	18
19	4 x 25 M	Mixed Freestyle Relay	男女混合 自由接力	

Annual Long Course Masters Swimming Championships
週年長池先進游泳錦標賽

Date: 1-12-2024 (Sunday)

Venue: Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池

Morning Warm up/熱身: 0830 – 0920 Hrs

Morning First Event/開始: 0930 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 1400 Hrs

MEN				WOMEN
1	100 M	Breaststroke	蛙泳	2
3	50 M	Freestyle	自由泳	4
5	200 M	Individual Medley	個人四式	6
7	50 M	Backstroke	背泳	8
Lunch Break 午膳時間				
9	100 M	Freestyle	自由泳	10
11	50 M	Butterfly	蝶泳	12
13	4 x 50 M	Medley Relay	四式接力	14
15	50 M	Breaststroke	蛙泳	16
17	4 x 50 M	Freestyle Relay	自由接力	18

Short Course Masters Swimming Competition – Part 2
短池先進游泳比賽 – 第二部份

Date: 26-01-2025 (Sunday)

Venue: Shing Mun Valley Swimming Pool 城門谷游泳池

Morning Warm up/熱身: 0900 – 0950 Hrs
 Morning First Event/開始: 1000 Hrs
 Afternoon Warm up/熱身: 1300 – 1350 Hrs
 Afternoon First Event/開始: 1400 Hrs

MEN				WOMEN
1	100 M	Breaststroke	蛙泳	2
3	50 M	Freestyle	自由泳	4
5	50 M	Butterfly	蝶泳	6
7	25 M	Freestyle	自由泳	8
Lunch Break 午膳時間				
9	200 M	Freestyle	自由泳	10
11	25 M	Backstroke	背泳	12
13	4 x 25 M	Freestyle Relay	自由接力	14
15	50 M	Breaststroke	蛙泳	16
17	4 x 25 M	Mixed Medley Relay	男女混合四式接力	

Long Course Masters Swimming Competition – Part 1
長池先進游泳比賽 – 第一部份

Date: 23-03-2025 (Sunday)

Venue: Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池

Morning Warm up/熱身: 0830 – 0920 Hrs
 Morning First Event/開始: 0930 Hrs
 Afternoon Warm up/熱身: 1300 – 1350 Hrs
 Afternoon First Event/開始: 1400 Hrs

MEN				WOMEN
1	200 M	Breaststroke	蛙泳	2
3	50 M	Freestyle	自由泳	4
5	100 M	Butterfly	蝶泳	6
7	50 M	Breaststroke	蛙泳	8
Lunch Break 午膳時間				
9	4 x 50 M	Freestyle Relay	自由接力	10
11	800 M	Freestyle	自由泳	12